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UNITED STATES DEPARTMENT OF AGRICULTURE
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Housekeepers' Chat Thurs., Dec. 1/27

(NOT FOR PUBLICATION)

Subject: "Milk and Honey". Containing new uses for honey, information on caring for milk in the home, and a recipe for Date Bars. (Recipe not in Radio Cookbook.) Approved by Bureau of Home Economics, U. S. Dept. of Agriculture. Bulletin available. "Honey and Its Uses in the Home."

--ooOoo---

Somettime ago I received a letter from a friend who asked for new ways to use honey. Of course, the simplest way of using honey is to serve it, like jam or sirup, with bread, breakfast cereals, boiled rice, pancakes, and other mild-flavored foods. It is particularly good with cooked whole wheat breakfast cereals.

When it is to be used in place of sirup, some people dilute honey by mixing it with hot water. This makes the honey less sweet, and also easier to pour. Honey can be used for sweetening lemonade, and other fruit drinks.

I have made a list of several ways to use honey. One or two of them may be new to some of you.

First, sweet potatoes candied with honey, instead of a sugar sirup.

Second, a sauce, made of strained honey, and nuts, to be served on ice cream.

Third, honey as the sweetening in cold drinks, or in custards, puddings, and fruit sauces.

Fourth, honey butter with waffles or hot cakes. As I told you yesterday, honey butter is made simply by creaming together butter and strained honey, until the mixture is of a good consistency to spread.

Fifth, honey may be used in sandwich fillings. A delicious filling is made of mixed chopped pecan meats, almonds, or other nuts, with just enough honey to act as a binder. Another filling is made of cream cheese and honey. Chopped nuts may be added to this if desired.

There are many other good uses for honey. If you are interested in recipes for honey cakes, honey cookies, honey pudding, and so forth, write to me for a copy of the free honey bulletin.

By the way, do you know that the ice box is a poor place to keep honey? Cold makes honey cloud, or granulate. Keep it in a warm place, rather than in the ice box.

The next food product on today's program is a very important one -- milk. Milk and cream together, either by themselves or combined with other foods, make up about one-sixth, by weight, of all the food eaten by the average American family.

Milk supplies materials that children need in building strong, normal bodies, and it is a valuable food for adults, expecially when it is combined with such foods as cereals, and green vegetables.

Almost all the milk and dairy products in this country come from the cow. Indeed, we are so used to cow's milk, that we are apt to forget that it is really no better than the milk of some other animals, but people are used to its taste, and cows make a good return for the feed and care they receive. In parts of the world where cows do not thrive, other milk animals have proved satisfactory.

Goat's milk, for example is common in the rough, hilly districts of Europe, in Central America, and even in some parts of the United States. Buffalo's milk is much used in India, and llama's milk in South America. Camel's milk is well liked in desert countries, and mare's milk on the steppes of Russia, and in Central Asia. The milk of the reindeer is used in the Arctic regions, and sheep's milk is used in Europe, and elsewhere, for making certain kinds of cheese.

There are three rules to observe in handling milk at home. It must be kept clean, covered, and cool, in order to keep the bacteria in the milk from developing, and causing it to spoil.

There is a certain street in my town called "Milk-Bottle Row," because nearly every window on this street contains milk bottles, in the summer time. Often, the milk bottles are not covered, and no telling what kinds of bacteria may drift into the milk, along with dust from the street.

The best way of buying milk is in bottles. As soon as possible after it is delivered, milk should be put in a cool, clean place, and kept there until used. Even exposure to the air of the pantry, kitchen, or nursery, is harmful.

The best temperature for keeping milk is 50 degrees Fahrenheit, or less. Good milk, kept as cool as this, remains sweet for 12 hours at least, and usually for 24 hours or more.

In the ordinary, ice-cooled refrigerator, select the coldest part and keep the milk there. The coldest place in the refrigerator is generally just below the ice chamber. Of course the refrigerator should be kept clean and sweet, at all times. It is a good plan to inspect the refrigerator, thoroughly, at least once a week, to see that the outlet for water, from the melting ice, is opened, and that the space under the ice rack is clean. Also, the food compartments should be washed often, with water to which washing soda has been added. Particles of food dropped in the refrigerator are likely to spoil and to contaminate other foods.

Milk should be kept covered, to keep out not only dirt and bacteria, but also flavors and odors, which it absorbs readily. It should be kept away from such foods as onions, cabbage, or fish.

Bottled milk should be kept in the bottle in which it is delivered, until needed for use. In fact, from a sanitary standpoint, serving milk on the table in the original bottle, is an excellent practice. In any case, a milk bottle,

especially the mouth, should be cleaned carefully, before the milk is poured from it. The bottle should be kept covered, with a paper cap or an inverted tumbler, as long as there is milk in it.

New milk should never be mixed with old milk, unless it is to be used right away. The old milk is likely to contain a larger proprotion of bacteria, and to be warmer.

There are three questions which I have saved until today. The first question: "Is it true that milk may contain germs of dangerous diseases?"

It is true. Even milk that looks clean may contain germs of such diseases as typhoid fever, tuberculosis, and diphtheria. The milk from tuberculosis cows is unsafe, because it may contain the bacteria causing tuberculosis. Typhoid fever, and diphtheria, may be transmitted through milk infected by flies which carry bacteria, by unclean dishes, or by persons who carry such bacteria in their bodies, or on their clothing. Epidemics have sometimes been traced to the milk from a single farm.

Second question: "Does skim milk have any food value?"

It does. Skim milk is lacking in fat, but it contains practically all the protein, sugar, and mineral matter of the whole milk. Speaking of minerals, milk is much richer in calcium, the mineral needed for bones and teeth, than are most other foods. One reason why milk is such an excellent food for children.

Third question -- No, the third question is too long. It can wait until tomorrow. I have a recipe here for Date Bars, and I want to give it to you right away. A number of women have asked for this recipe lately. Since it is not in the Radio Cookbook, you may wish to write it in your notebook.

Seven ingredients, for Date Bars:

3 eggs, beaten
1 cup sugar
1/2 teaspoon salt
1 cup flour
1 teaspoon baking powder
1 cup nut meats, chopped, and
1-3/4 cups pitted dates

Let's check the seven ingredients: (Repeat)

Stone and chop the dates. Mix the ingredients, in the order given. Bake in greased, shallow tins, in a slow oven (300° to 350° F.) When cool, cut in bars, and roll in granulated or powdered sugar. Add more dates, if the bars are to be kept some time.

That's all till tomorrow. I'll give you a menu tomorrow.